



T-4 LEGACY

(TACTICAL HYBRID PROGRAM)

Moving to a four-day model allows you to split the heavy lifting from the intense conditioning and load carriage, allowing for heavier max-effort days and slightly higher overall volume.

DAY 1: LOWER STRENGTH & POWER

Prioritizes the posterior chain and quad strength, vital for carrying heavy equipment over uneven terrain.

	SETS	REPS	REST
Front Squat	4	4-6	120s
Romanian Deadlift (RDL)	4	8	90s
Bulgarian Split Squats	3	10/leg	90s
Heavy Sled Push	5	30m sprint	90s

DAY 2: UPPER STRENGTH & METCON

Upper body push/pull mechanics mixed with explosive hip drive via the Devil Presses.

	SETS	REPS	REST
Push Press	4	5	120s
Weighted Dips	4	8-10	90s
Devil Presses (Heavy DBs)	4	8	90s
T-Bar Rows	3	10	90s

DAY 3: DEADLIFT & GROUND-TO-OVERHEAD

Focuses on picking heavy things off the floor and getting them to the shoulder or overhead efficiently.

	SETS	REPS	REST
Barbell Deadlift	4	3-5	120s
Heavy DB Snatches	4	6/arm	90s
Weighted Box Step-ups (20")	3	8/leg	90s
Sandbag over Shoulder	4	8	90s

DAY 4: SUSTAINED LOAD ENDURANCE

Strictly focused on aerobic capacity and core rigidity. Keep your heart rate in Zone 2 for the ruck.

	SETS	REPS	REST
Heavy Ruck (45lb+ pack)	1	60-90 mins	Steady
Strict Pull-ups (Unweighted)	4	AMRAP	90s
Kettlebell Swings	4	15	60s
Plank with Ruck	3	60s hold	60s

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This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.